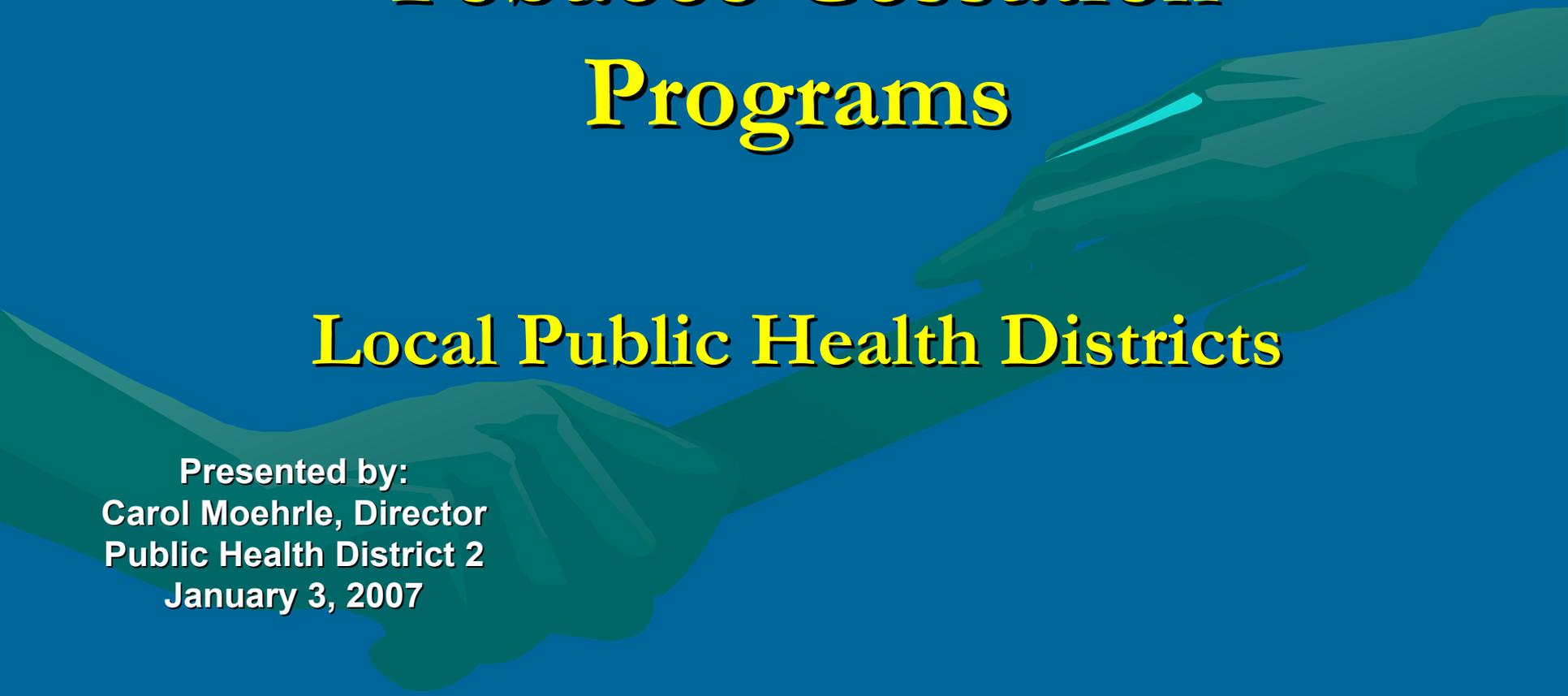


# Millennium Fund Tobacco Cessation Programs

A stylized illustration of two hands shaking, rendered in shades of green and teal, positioned diagonally across the lower half of the slide.

## Local Public Health Districts

Presented by:  
Carol Moehrle, Director  
Public Health District 2  
January 3, 2007

# Tobacco Facts

- Smoking is the leading cause of **PREVENTABLE** death in the United States
  - The annual cost of treating tobacco-related disease is in excess of \$167 billion
  - In 2004, over 1.4 million children ages 18 and under smoked cigarettes for the first time
- 
- *The Health Consequences of Smoking: A Report of the Surgeon General, 2004.*
  - *Centers for Disease Control and Prevention, MMWR, 2005*
  - *National Survey on Drug Use and Health , SAMHSA, 2005*

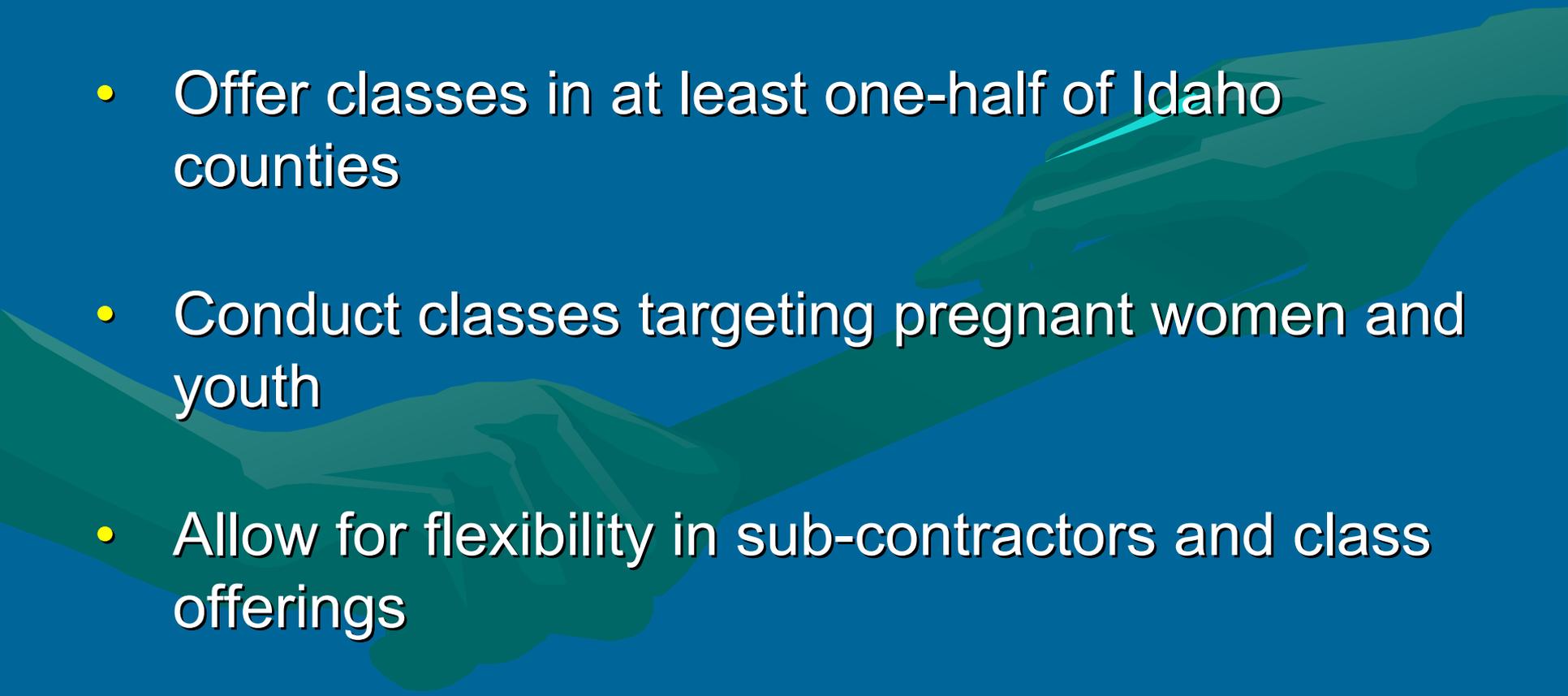
# Legislative Charge

- \$500,000 appropriated in FY 07 for Public Health Districts to implement tobacco cessation programs statewide
- The tobacco cessation programs should be available to any Idaho citizen, with primary emphasis on youth and pregnant women
- The program shall include strong evaluation measures including, but not limited to, the number of programs funded, the number of participants, and quit rates

# Comprehensive Tobacco Control

- The Centers for Disease Control and Prevention (CDC) have identified nine key components for comprehensive tobacco control programs
- Cessation is one of the key components identified
- Quitting smoking provides quick and profound health and economic benefits
- Effective cessation strategies include counseling, advice from medical providers and pharmacotherapy

# Health District Objectives

- Continue to offer standardized “best practice” tobacco cessation classes in all Health Districts
  - Offer classes in at least one-half of Idaho counties
  - Conduct classes targeting pregnant women and youth
  - Allow for flexibility in sub-contractors and class offerings
- 

# Current Program Offerings

- There are several Millennium Tobacco Cessation Programs facilitated by the Health Districts, including subcontracts with a variety of partners:
  - Hospitals
  - Pharmacies
  - High Schools/Alternative Schools
  - Higher Education
  - Juvenile Probation
  - Independent Consultants

# Data Collection & Evaluation

- The Health Districts contract with Boise State University, Center for Health Policy (BSU, CHP)
  - BSU enters cessation data from Health District program reports
  - BSU conducts 2 and 6 month follow-up phone calls
  - BSU provides data analysis and a final data report
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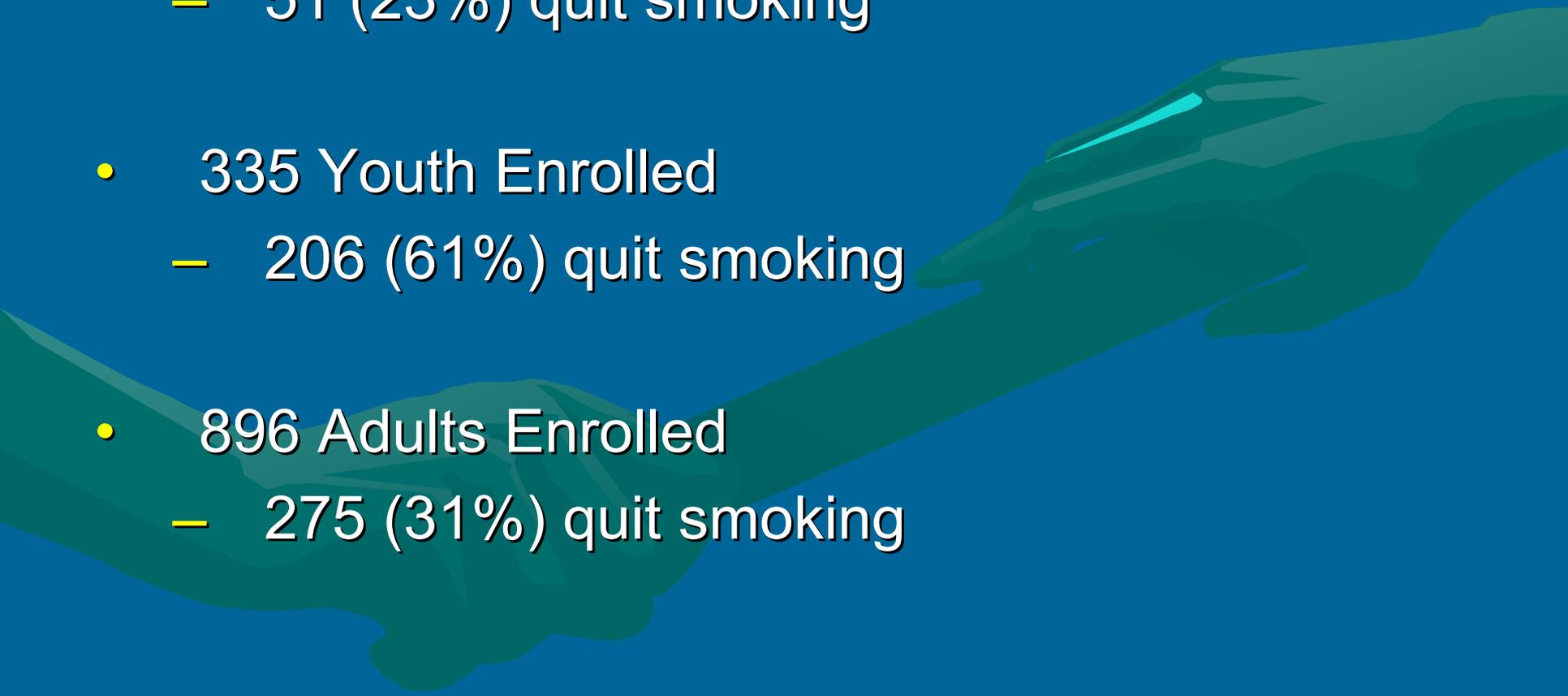
# FY 2006 Review

July 1, 2005 – June 30, 2006

- 1,457 Clients Served (35% decrease in funding for FY 06)
  - 922 (63%) completed a cessation program\*
  - 532 (37%) quit smoking\*
  - 590 (40%) reduced number of cigarettes smoked\*

*\* Percentages are based upon known values*

# Target Groups Reached FY 06

- 226 Pregnant Women Enrolled
    - 51 (23%) quit smoking
  - 335 Youth Enrolled
    - 206 (61%) quit smoking
  - 896 Adults Enrolled
    - 275 (31%) quit smoking
- 

# FY 2006 Expenditures

- Personnel Cost \$ 158,300
  - Operating Cost \$ 177,700
    - (i.e., indirect, subcontractors, BSU evaluation, travel, supplies, & marketing)
  - Total \$ 336,000
- 

# FY 06 Economic Analysis

- Each person who stops smoking avoids on average \$3,390 in economic costs
  - 481 teen & adult quitters = \$ 1,630,590
- In addition, for each pregnant woman who stops smoking, Idaho will realize an average of \$7 in cost avoidance. ( $\$7/\text{dollar spent} \times \$231\text{spent/women}$ )
  - 51 pregnant women quitters = \$82,467
- **Total costs avoided for Idaho = \$1,713,057**

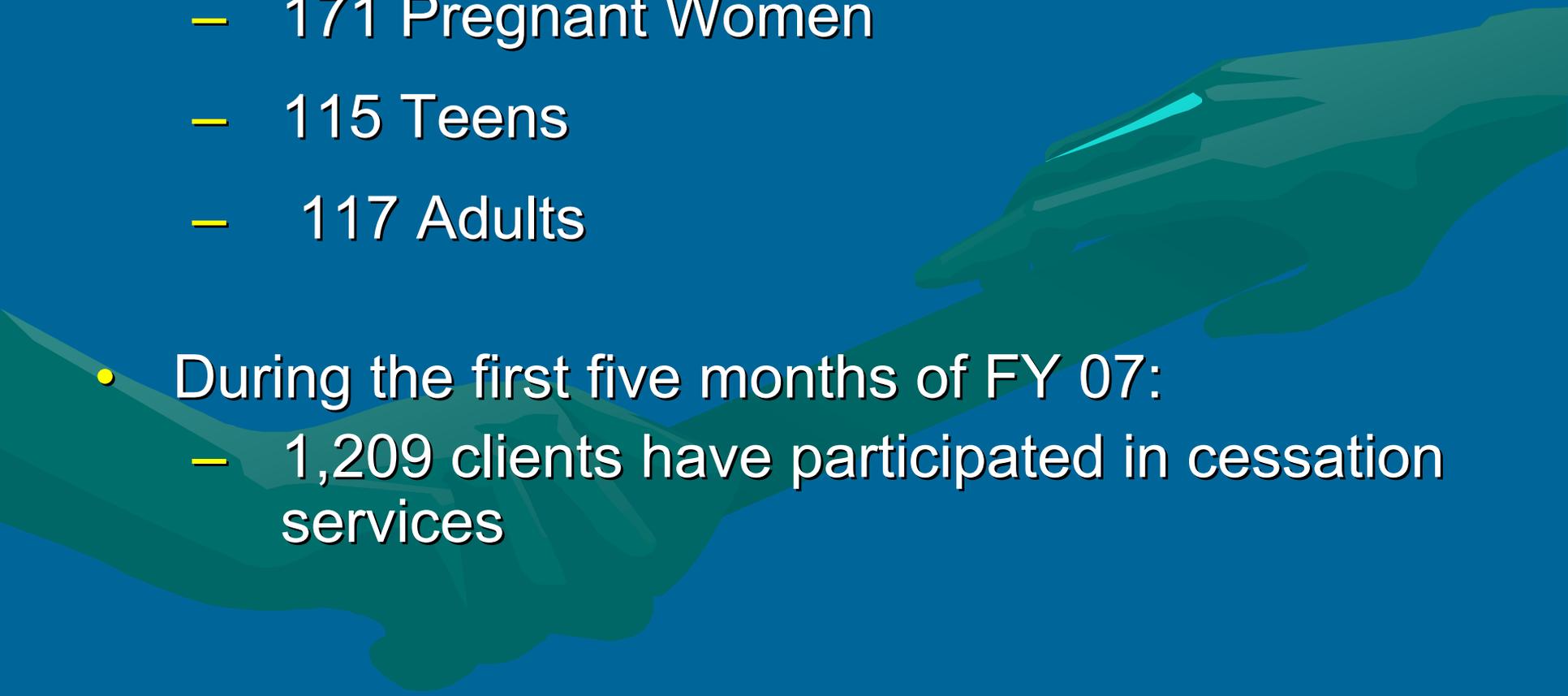
# FY 07 Progress To Date

July 1, 2006 through December 13, 2006

- 806 Clients Served\*
- 232 ( 29%) quit smoking
- 354 (43%) reduced number of cigarettes smoked

*\* Data continue to be evaluated by Boise State University*

# Currently Enrolled

- Clients Enrolled (as of December 13, 2006)
    - 171 Pregnant Women
    - 115 Teens
    - 117 Adults
  - During the first five months of FY 07:
    - 1,209 clients have participated in cessation services
- 

# Long Term Follow-up

- Of the 2,927 interviewed who quit smoking, 35% were still quit at 2-month follow up
- Of the 2,074 interviewed who quit smoking, 34% were still quit at 6-month follow up

*Long term follow-up data includes class participants from multiple years*

# Positive Outcomes

- According to the 2006 Behavioral Risk Factor Surveillance System, 17.9% of Idaho adults are current smokers, down from 22.3% in 2000
- Reducing tobacco use will reduce illness, disability and death across a spectrum of conditions including heart disease, cancer and chronic lung disease

*\* NHLBI.nih.gov 2010 objective report*

# FY 08 Request

- The Public Health Districts are requesting \$500,000 to facilitate free cessation services targeting pregnant women, teens and adults in Idaho
- The Public Health District programs are the primary provider for cessation services. In the absence of funding, cessation services would decrease dramatically across the state

# Summary

- **Idaho Public Health Districts, in cooperation with valued partners, have created a successful, cost-effective cessation program that benefits Idaho citizens statewide**